



www.cmnrockymountain.org 720.777.1712

EVENTS CALENDAR

- Nov. 13 – 15 *Para Los Niños* radiothon
- Nov. 14 *Dance to Make a Difference* at CU-Boulder
- Nov. 23 – Dec. 24 *Credit Union for Kids Holiday Campaign*
- Dec. 9 *Coca-Cola Caravan* visit at Children's Hospital
- Jan. 7 – 11 *Ace Hardware Miracle on the Mountain* ski event
- Jan. – Feb. *Ace Hardware Have a Heart for Children's* campaign
- Feb. 17 – 19 *Alice's 36 Hours for Kids* radiothon

For more information, visit www.cmnrockymountain.org/events



Miracles in the Making



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Excelente! Para Los Niños exceeds expectations

The second annual Para Los Niños (For The Kids) radiothon proved sincerity and generosity can overcome any obstacle—including language. On November 13, 14 and 15, Spanish-speaking Entravision listeners around Denver came together again to support The Children's Hospital. Although many of the volunteers only spoke minimal Spanish, a smile and a "gracias" was all the exchange needed as buckets filled up with donations at area Save-a-lot locations. They may not have shared a common language, but everyone involved had a passion for the patients at The Children's Hospital.

Helping kids receive the best care possible at Children's was the crux of the event, and several families who donated had been personally affected by Children's mission. One such family is the Garcias of Denver.

Sol Orquidia Garcia is said to light up the exam room when she and her parents, Manuel and Irais, visit The Children's Hospital Child Health Clinic (CHC). Sol, which means sunshine in Spanish, has been fortunate enough to have quality, steady care since her birth last November. Aside from one ear infection, she has had a clean bill of health; this is the main goal of Children's

Child Health Clinic.

The CHC provides primary care to children, who like Sol, are on Medicaid. In 2008, the clinic staff treated more than 6,500 families for a total of 19,561 patient visits. This year, they anticipate about another 20,000 patient visits. Providing this kind of consistent and preventive primary care can help keep kids healthier in the long run.

Dollars and pennies added up over the weekend, generating \$206,000 in only three days. The Denver Para Los Niños radiothon drew children, parents, and entire families out of their homes and cars to donate everything they could for The Children's Hospital. Kids emptied entire piggy banks worth of savings into the Children's Miracle

Network donation buckets to show their support.

D.J. Luis Lerma was visibly moved by the turnout as he presented two-minute calls for action during the nationally-broadcast event. And he wasn't alone—several volunteers stayed for hours beyond their shift warmed not by their bundled up layers, but by the giving spirit of their community. Their commitment paid dividends—para los niños.



Miracle Makers

Suncor Energy (Phillips 66) really put their hearts on the line during their annual *Have a Heart for Kids* campaign. The Rocky Mountain Phillips 66 gas stations raised more than \$52,000 for The Children's Hospital this summer. The employees at the Alameda and Sheridan location in Lakewood wholeheartedly embraced the campaign, asking every customer that came through their doors to donate. Their persistence paid off with more than \$11,200 raised. Our friends in Lakewood are real *Miracle Makers*.



Lakewood store employees celebrate making a difference in their community.



Even in a rollercoaster economy, RE/MAX Alliance continues to shine. This summer they held their 18th annual tournament which raised \$62,423.

Sponsor Updates



Children's Miracle Network is proud of its new partnership with American Car Care Centers. During the months of March, April and May, 24 ACCC dealers from around the region participated in their first Miracle Balloon campaign. Congratulations to ACCC for raising \$8,065.94 for The Children's Hospital.



Love's Country Stores did a phenomenal job this year on their fall fundraising campaign. Not only did

they raise more than \$25,000 for Children's Miracle Network, but two local locations beat out every other convenience store in the company for top fundraiser bragging rights. Kudos to Benito Madrill and his team in Fountain, CO, and Kelly Mason and her team in Springfield, CO, for each raising over \$7,500.



Great Clips *Great Needs, Great Deeds* campaign was a monumental success. Jane and Frank Evans of Colorado Springs once again excelled in preparing and motivating their salons. Thanks to the success of their first annual cut-a-thon and champion fundraisers like salon manager Sonya Siran, they were able to shatter last year's total, bringing in more than \$18,000 this year.

Parents Ask—What do I need know about H1N1?

H1N1 flu is the hottest—or coldest—topic on everyone's mind. Since it seems to strike the smallest of victims hardest, parents are wondering how to protect their children. It's important to remember that although H1N1 is a frightening new strain, most children handle it well and recover easily. The best way to protect yourself and your family is to take basic preventive measures such as washing your hands, avoiding sick people and getting your family vaccinated.

Please consider this information before calling or visiting your doctor.

1) Does my child have H1N1?

The classic symptoms of H1N1 are a fever with a cough and a sore throat. If your child has flu symptoms and H1N1 is widespread in the community, he or she probably has H1N1. Your child doesn't need any special tests to reach this conclusion. Currently only patients who need hospitalization are tested.

If your child has a sore throat with a fever and doesn't develop a cough, he or she may need to be checked for Strep throat.

2) How can I make my child feel better?

The treatment of H1N1 depends on your child's main symptoms. To open a blocked nose, use a nasal wash with saline. For a cough, use one to two teaspoons of honey (do not use for children under one year old). Ibuprofen will help a sore throat. To prevent dehydration, encourage extra fluids.

3) Does my child need to see a doctor?

For serious symptoms such as trouble breathing, rapid breathing or dehydration, bring your child to the doctor immediately. For non-urgent symptoms such as an earache or sinus pain, go to the doctor within 24 hours. Most healthy children with H1N1 don't develop any of these complications and can easily be treated at home.

4) How should I treat a fever of 102° to 104° F?

A high fever is over 104° F; a fever is alarming when it's over 105° F. Fevers are not harmful. In fact, they turn on the body's immune system and help fight infections. So if your child is sick, having a fever is beneficial. Only treat fevers above 102° F. Talk to a healthcare professional about proper medication dosing to control fevers.

5) It's been three days so why does my child still have a fever?

Fever caused by the H1N1 virus normally lasts two or three days. If the fever lasts more than three days (72 hours), your child may need to see a doctor. More importantly, if the fever goes away for more than 24 hours, then returns, bring your child to the doctor. He or she may

have a secondary bacterial infection such as an ear infection.

6) Why is my child vomiting?

H1N1 sometimes causes vomiting. Treat with small amounts of clear fluids every 5 to 10 minutes. If your child becomes dehydrated or if isolated vomiting without diarrhea lasts more than 48 hours, your child should see a doctor.

Download our influenza handout with more information at www.TheChildrensHospital.org

